



Town of AMHERST

Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway
Amherst, NY 14228
716-636-3050

JULY 2024 NEWSLETTER



SUMMER FUN

SENIOR DAY @ OLD HOME DAYS ISLAND PARK, WILLIAMSVILLE

Wednesday, July 17 from 11:00-2:00 pm
Enjoy lawn games, complimentary lunch and a
concert by *The Boomers*

*Amherst Transportation will be providing a
shuttle from Tim Hortons' at the Evans Town
Plaza. Limited spots available. Please call
Amherst Transportation at 636-3075 to reserve
your spot*

SUMMER CONCERT SENIOR CENTER

The Grandfathers Orchestra
Thursday July 25 at 6:00pm
Please bring a chair

ANNUAL FAMILY HEALTH FAIR

Saturday, July 27 from 9:00-12:00pm
Information tables, screenings, blood drive and
more!



AmherstCenterForSeniorServices.com



Facebook.com/amherstnyseniorcenter/

A NOTE FROM THE DIRECTOR

Happy July 4th! Our summer programming is well underway.

Our new Men's Senior Softball League is in full swing! Check them out on Fridays at the Northtown Center. Their schedule is posted on our website and also on page 6.

This month, we will have our 2nd Annual Senior Day at Old Homes Day, July 17, hosted by the Jolly Boys of Williamsville. Lunch is provided by the Jolly Boys and the senior programming for the afternoon is sponsored by Family Choice. More information on our cover.

Thank you to center volunteer Richard Schultz who is reorganizing our center library. Check it out when you get a chance!

Also, thank you to our community service and knitting groups for their recent donations to various community organizations!



Recreation Leaders, Angelo and Greg have recently finished training in Boxing. They will teach classes beginning this Fall that will be geared towards Seniors diagnosed with Parkinsons. Once equipment is purchased and installed in what is now our Health Room, we will then advertise these classes. We cannot wait to bring to you what they have worked so hard at learning!

The new Cafe' and Gift Shop will begin construction

in September. I will provide updates in future emails and newsletters.

Melissa Abel, Executive Director

KEY STAFF CONTRIBUTORS

Melissa Abel, Director, mabel@amherst.ny.us
Christin Estrada, Nutrition Site Coordinator, cestrada@amherst.ny.us
Tammy Jacobs, Program Coordinator: tjacobs@amherst.ny.us
John Jones, Social Caseworker: jjones@amherst.ny.us
Jodi Kwarta, Director of Volunteers: jkwarta@amherst.ny.us
Jennifer Lazarz, Program Leader: jbono@amherst.ny.us
Karen Lisiecki, Project Coordinator: klisiecki@amherst.ny.us
Angelo Lorenzo, Program Leader: alorenzo@amherst.ny.us
Jamie Sullivan, Kitchen Manager: jesullivan@amherst.ny.us
Greg Potter, Program Leader: gpotter@amherst.ny.us
Vijaya Tomar, Social Worker: vtomar@amherst.ny.us
Cindy Weiss, Class Coordinator: cweiss@amherst.ny.us

*The newsletter is coordinated by Christina Yensan,
Public Relations Coordinator: cyensan@amherst.ny.us*

ABOUT US

THE CENTER

The Center is a 53,000 square foot facility that includes:

- Art Gallery—*Monthly Art is sponsored by Asbury Pointe*
- Audubon Café—*Closed until Fall*
- Billiard Room
- Card Room
- Dance Room—*Sponsored by Excellus Blue Cross Blue Shield*
- Gift Shop—*Closed until Fall*
- Health & Fitness Rooms
- Library
- Music Room—*Sponsored by Susan Grelick in honor of her parents*
- Nutrition Room—*Sponsored by Highmark Blue Cross Blue Shield*
- Wellness Center—*Sponsored by Kaleida Health*

HOURS OF OPERATION

Monday, Wednesday, Friday: 8:30 am-4:30 pm

Members are asked to vacate building by 4:15 pm in order for staff to complete closing procedures

Tuesday, Thursday, 8:30 am-7:30 pm

The Center will be closed on Thursday, July 4 in recognition of Independence Day.

IMPORTANT PHONE NUMBERS

Main Line 636-3050

Registration 636-3051

Amherst Meals on Wheels 636-3065

Amherst Senior Transportation 636-3075

Senior Outreach Services 636-3070

Support Group Information 636-3050

MEMBERSHIP DUES

Amherst Residents—Lifetime Membership

- \$50/Individual Membership
- \$75/Household Membership*

Non-Resident—Renewal

- \$50/Per Person

Membership is open to adults 55 or older

**A household is defined as two or more people living together at the same address.*

We have temporarily suspended accepting NEW non Amherst resident memberships for 2024. We appreciate your understanding.

TO JOIN THE CENTER:

Go to AmherstCenterforSeniorServices.com/membership-plans and complete the application or sign up in person.

TOWN OF AMHERST

AMHERST TOWN BOARD

- Brian Kulpa, Town Supervisor
- Jacqualine Berger
- Shawn Lavin, Deputy Town Supervisor, Senior Services Liaison
- Angela Marinucci
- Michael Szukala



AMHERST SENIOR CENTER ADVISORY BOARD

- James W. Bardot, Chairperson
- Aaron Carlson
- Reverend Susan Frawley
- Gary Henry
- Ann Nichols, Amherst Town Justice
- Julie Whitbeck-Lewinski

EX-OFFICIO MEMBERS:

- The Honorable Shawn Lavin, Liaison to Senior Services
- Melissa Abel, Executive Director, Amherst Senior Center
- Mary-Diana Pouli, Executive Director, Youth & Recreation
- Assistant Chief Michael Camilleri, Assistant Chief of Amherst Police Department
- Dal Giuliani, Executive Director, Amherst Generations Foundation
- Ms. Del Szczesniak, President, Senior Center Representative Council

AMHERST GENERATIONS FOUNDATION

- Andrew Napierala, Chair
- Leslie H. Fox, Treasurer
- Chandra Condon-Daigler, Secretary
- Sean Costello
- Barry Kantrowitz
- Meghan Reed
- Karen Pusateri
- Cory Zale
- Petrina Sciandra

Melissa Abel, Ex-Officio
Executive Director, Dal Giuliani

A NOTE FROM YOUTH & RECREATION

Now that summer is full swing, I hope that you are taking advantage of the wonderful weather and the many outdoor activities available throughout our community! Everyone is invited to join us for an Independence Day concert at Bassett Park on July 4 at 7pm featuring the Erie County Wind Ensemble. No fireworks, but bring a picnic and enjoy an evening of patriotic music celebrating our country's 248th birthday! After that, the free Bassett Park Concert Series kicks off on Wednesday nights at 7pm beginning July 10. Featured performers include Friends of Harmony, The Porch Rockers, American Legion Band of the Tonawanda's, Celtic Spirit Pipe Band, Hot Club of Buffalo, and the Buffalo Wind Symphony.

The Youth & Rec Department is also sponsoring two Firefly Nights at Walton Woods Park next door to the Center on July 5 and 6 at 8:45pm. Grab your kids and grandkids and make it a family affair, or grab your sweetheart for a magical date night! No cost, but please register at www.amherstyouthandrec.org or by calling (716) 631-7132.

There are plenty more events and activities happening in July, including the second Senior Day at Old Home Days on July 17. Make sure to check your weekly Center emails so you don't miss out on all the fun. Looking forward to seeing everyone around town this summer!

Mary Diana Pouli, Executive Director,
Youth and Recreation

TOWN PROGRAM LOCATIONS

Amherst Senior Center

370 John James Audubon Parkway, Amherst 14228

Clearfield Community Center

730 Hopkins Road, Williamsville 14221

Harlem Road Community Center

4255 Harlem Road, Amherst 14226

Northwest Amherst Community Center

220 Northpointe Parkway, Amherst 14228

Northtown Center at Amherst

1615 Amherst Manor Drive, Williamsville 14221

North Forest Park

85 North Forest Road, Williamsville 14221

Williamsville Youth and Family Center

5005 Sheridan Drive, Williamsville 14221

REGISTRATION PROCEDURES

REGISTRATION/CANCELLATION

Registration is mandatory for all classes, clubs, meals, Programs and support groups. There are three ways to register:

- MyActiveCenter.com
- 716-636-3051
- In person at the Center's Reception Desk

CREATING AN ACCOUNT ON MyActiveCenter

Go to MyActiveCenter.com then click on the New User button and follow the directions. Your MySeniorCenter keytag is needed to set up your account. If you are unable to find your keytag, please call 716-636-3051 and a Senior Center staff member will assist you.

TO REGISTER FOR A CLASS, CLUB, MEAL, PROGRAM OR SUPPORT GROUP IN MyActiveCenter:

- Sign in to MyActiveCenter.com
- The Search Box and Filters are on the left side
- Once you have found the Class, Club, Meal or Program that you wish to Register for, click on the name. This will open a more detailed view of the activity. Listed below will be the Upcoming Events schedule.
- For classes with two sessions, each session is listed separately and requires separate registration.
- **To Register click on Add to Cart**
 - ⇒ A small box will appear to let you know that this has been reserved in your Cart.
 - ⇒ If this is the only activity that you wish to Register for, you can click the Go to Cart button **OR** click on any area not in the pop-up box to continue shopping.
 - ⇒ **In order to complete the Registration process you must finish your order by going to your Shopping Cart.**
- ◇ If registering for a Class, click Pay for selected items. Input your credit card information and click Pay to finish.
- ◇ If registering for a Club or Program, click Register for selected items.

If you have registered for any activity at the Center and do not plan on attending, please cancel so someone may take your spot

PLEASE NOTE

Class registration and payment is mandatory. Those who participate in a class that they have not paid for will risk a suspension of their membership. So if you see a class you are interested in, register as soon as possible.

AUDIT A CLASS

If you are uncertain about a particular class, we encourage you to observe the class by obtaining a guest pass at the Reception Desk

REFUNDS

Requests for refunds or transfers will be honored only if a member makes the request at least 5 full business days prior to the scheduled class start date. The refund will equal the cost of the class minus a \$5 processing fee (per class).

Refunds will be credited within 72 hours to your Senior Center Account. Sorry, no exceptions.

NUTRITION

TO REGISTER FOR LUNCH OR DINNER:

Follow same instructions on left. Lunch and Dinner registration opens for the following month on the third Tuesday of each month. Please call to cancel if you are unable to attend.

FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christin Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.



REACH MORE CUSTOMERS

IS YOUR TARGET AUDIENCE 55 AND OVER?

Advertise in our monthly newsletter! Special introductory rates available.

For more information, contact:
Christina Yensan,
Public Relations Coordinator
cyensan@amherst.ny.us

TOWNS OF AMHERST
Senior Center

MEM

REGISTRATION IS ALWAYS REQUIRED. SEE ABOVE FOR DETAILS.

PROGRAMS

CALLING ALL NEW MEMBERS-MEMBERSHIP 101

Tuesday, July 9 at 3:30 pm or Wednesday July 10 at 10:30am
So, you have taken the step of becoming a member, now what? Find out ways to get involved, how to sign up for classes, meals or programs and where to find information on what is happening at the Center. Those attending the 10:30 am session are invited to stay for a complimentary lunch at 12:00 pm and those attending the 3:30 pm are invited to stay for a complimentary dinner at 5:00 pm. Reservations are required for both

CAMPFIRE BAR

Tuesday, July 2 at 1:00 pm
Join us for a campfire party (without the campfire) with a s'mores bar and a campfire game. Fee is \$2.00

WII MARIO KART

Wednesday, July 3 at 10:30 am
Enjoy this fun racing game. Use an actual steering wheel to control the car and try to beat your friends in a virtual race

BINGO

Wednesday, July 3 at 1:00 pm
Bring a new item that's red, white or blue for the prize table

PAUTLERS (6343 Transit Road, East Amherst)

Friday, July 5 at 12:00 pm
Join us for lunch or ice cream or both!

BAR ROOM BUZZARDS

Monday, July 8 at 1:00 pm
Enjoy a special concert after lunch

GARDEN STEPPING STONE

Thursday, July 11 at 10:30 am
Create a stepping stone for your garden. Fee is \$10.00

COLORFUL WORLD OF EVETTE SLAUGHTER

Thursday, July 11 at 5:30 pm
Meet the artist and see the pieces she has on display

OLD HOMES DAY PARADE

Tuesday, July 16 at 6:00 pm
Are you interested in walking in the parade? The parade starts at Williamsville South High School and ends at Los Robles. (about 1 mile walk) Sign up by contacting Jennifer at 636-3055, ext. 3112 or by email at jlazarz@amherst.ny.us

COFFEE WITH A COP-Thursday, July 18 at 1:00 pm

An Amherst Police officer will answer your questions and discuss things that are happening in Amherst

KARAOKE PARTY

Thursday, July 18 at 1:00 pm
Grab the Mic & sing to your hearts content or just listen

PIZZA AND GAME NIGHT

Thursday, July 18 at 5:00 pm
Pizza and salad from John and Mary's followed by a game of *America Says*. Paid reservations by 7/16. No refunds after

CAR WASH

Friday, July 19 from 11:00-1:00 pm
\$4.00 for cars and \$5.00 for SUV's

FITNESS ROOM RUNDOWN

Monday, July 22 at 1:00 pm
Stop by our fitness room to learn about the exercise equipment, how to use it properly, and suggested workout routines to start your fitness journey

JUST ONE PARTY GAME

Thursday, July 25 at 11:00 am

HEALTH

UNDERSTANDING CLINICAL RESEARCH TRIALS

Monday, July 1 at 1:30 pm
Learn everything you need to know in an easy to follow Power Point presentation. Discuss the keywords to know and how to locate ongoing trials for Alzheimer's Disease/Dementia
Presented by Patricia Kennedy, RN, BSN

FINANCIAL

SENIOR FRAUD SEMINAR

Wednesday, July 24 at 10:30 am
Presented by Summit Federal Credit Union

MANAGING MONEY

Tuesday, July 30 6:00 pm
If you or someone you know is facing Alzheimer's, dementia or another chronic illness, learn how to put financial plans in place, managing someone else's finances and how to prepare for future care costs. *Presented by Judy Wagner, Attorney and Alzheimer's Association*

PROTECTING YOUR HOME, RETIREMENT INCOME, MONEY & LIFESTYLE FROM MEDICAID & NURSING HOME RISK

Wednesday, July 31 at 10:30 am
Learn ways to protect your assets and how you can be prepared for planned and unforeseen circumstances.
Presented by Les Robinson

PROGRAMS



MOVIES

1:00 pm

Monday, July 1 *Arthur the King* PG-13 107 min.
Monday, July 15 *The Old Oak* 113 min.
Monday, July 22 *The Boys in the Boat* PG-13 124 min.
Monday, July 29 *Unfrosted* PG-13 97 min.

5:30 pm

Tuesday, July 2 *Arthur the King* PG-13 107 min.
Tuesday, July 9 *Bob Marley: One Love* PG-13 104 min.
Tuesday, July 16 *The Old Oak* 113 min.
Tuesday, July 23 *The Boys in the Boat* PG-13 124 min.
Tuesday, July 30 *Unfrosted* PG-13 97 min.

OPERA HOUR

Friday, July 5 at 1:00 pm
The Barber of Seville 153 min.

BASED ON A TRUE STORY

Friday, July 12 at 1:00 pm
After a near-fatal plane crash in WWII, Olympian Louis Zamperini spent a harrowing 48 days on a raft with two fellow crewmen before he was caught by the Japanese navy and sent to a prisoner of war camp

FOREIGN FILM

Friday, July 19 at 1:00 pm
The Taste of Things (French) PG-13 135 min.

INFORMATION TABLES

SILVER LINING SPEECH PATHOLOGY

Thursday, July 25 from 11:00-1:00 pm

EPIC

Wednesday, July 10 from 11:00-1:00 pm

PING PONG

- Mondays: 1:00-4:00 pm
- Tuesdays 7/2, 7/9, 7/16, 7/30 from 2:00-6:00pm, 7/23 from 4:00-7:00 pm
- Fridays 7/5, 7/12, 7/19 from 1:00-4:00pm

PICKLEBALL

- Monday, July 1 from 9:00-11:00pm
- Tuesday, July 2, 9, 16, 30 from 2:00-4:00pm or 5:00-7:00pm (1 court)
- Wednesday, July 3 from 10:00am-12:00pm (Beginner) or 12:00-2:00pm or 2:00-4:00pm
- Wednesday, July 10 from 2:00-4:00pm
- Wednesday, July 17 from 12:00-2:00pm (Beginner) or 2:00-4:00pm (Intermediate)
- Wednesday, July 24 from 12:00-2:00pm or 2:00-4:00pm
- Wednesday, July 31 from 12:00-2:00pm (Ladies) or 2:00-4:00pm (Men)
- Thursday, July 11, 18 from 3:45-5:30pm
- Friday, July 5 from 10:00am-12:00pm (Beginner) or 12:00-2:00pm or 2:00-4:00pm
- Friday, July 12 from 12:00-2:00pm (Men) or 2:00-4:00pm (Ladies)
- Friday, July 19 from 12:00-2:00pm or 2:00-4:00pm

AMHERST MEN'S SOFTBALL

JULY SCHEDULE

JULY 12, 10:00AM, 11:20AM
NORTHTOWN CENTER

JULY 19, 10:00AM, 11:20AM
NORTHTOWN CENTER

JULY 26, 10:00AM, 11:20AM
NORTHTOWN CENTER

FOR MORE INFORMATION CONTACT:
STEVEN KAPKA-SJKAPKA@YAHOO.COM
MITCH RUBIN-MKRUBIN18@OUTLOOK.COM

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

PARTNER PROGRAMS



SILVER PRIDE TEA

Friday, July 5 from 10:00 am-12:00 pm
This is an opportunity for LGBTQ+ seniors to come together and enjoy a morning of refreshments and conversation. ALL are

Welcome. Hosted by the Pride Center of WNY

MUSICAL MEMORIES CAFÉ

Tuesday, July 9 and 23 at 2:00 pm
Caregivers are encouraged to join us for an enjoyable time with your loved one for entertainment, socialization, reminiscing and refreshments. Please make reservations by calling Carolyn at 570-6520 or email westfallsartcenter@gmail.com

ERIE COUNTY CLERKS OFFICE

Wednesday, July 10 from 11:00am-2:00 pm
The deadline for REAL ID is May 7, 2025. This means if you plan to fly within the US as of this date you will need a valid REAL ID. The Erie County Clerk can assist with this, passports, Thank A Vet Program and other services

BETTER BREATHERS GROUP

Tuesday, July 30 at 1:00 pm
If you, or someone you know, is living with a chronic lung disease like COPD, asthma, pulmonary fibrosis, or lung cancer, consider joining us to learn better ways to cope with your diagnosis and live life to the fullest.
Led by an American Lung Association trained facilitator Jeremy Voorhees

BALANCE AND MEMORY CHECK-UP

Thursday, July 25 9:30 – 1:00 pm
Schedule your free 30 minute screening with a practitioner from Buffalo Occupational Therapy by calling 716-235-3013 or emailing hannah@buffalooccupationaltherapy.com
When contacting them to reserve a time, let them know that you want it at the Amherst Senior Center

HEALTH INSURANCE

To schedule your appointment call the representative listed
Clarity Group-Medicare Plan Center
Lisa at 716-864-4886
Wednesday, July 10 from 9:00am-11:00am

Highmark BCBS

Kathy at 716-658-8655
Thursday, July 18 from 9:00am-10:00am

Independent Health

Amanda 716-635-4999
Wednesday, July 17 from 10:00am-11:00am

NORTHWEST AMHERST COMMUNITY CENTER PROGRAMS

PICKLEBALL (All levels)

Monday, July 1, 8, 15, 22, 29, 8:30-9:30am or 5:30-7:30pm

WOULD YOU RATHER - Monday, July 1 at 10:30 am

Would you rather eat your favorite meal every day or never eat it again?

TALK AND TASTE-Monday, July 1 at 6:00 pm

Enjoy a slice of Ice Cream Sandwich Cake. No walk ins please

TYE DYE-Monday, July 8 at 6:00pm

Bring any piece of white clothing or cloth that you want to tye dye!

GRANDPARENT KINSHIP SUPPORT GROUP

Wednesday July 10th at 11:00 am
Are you “parenting for the second time?” If this is you, consider coming to this support group to share ideas, get support, comfort and resources. You are not alone, so join others to talk and share ideas!

BINGO-Monday, July 15 at 10:30 am

Please bring an item from the Dollar Store for the prize table

CIRCUIT FITNESS CLASS-Monday, July 15 at 6:00pm

Try various workout exercises in multiple stations with each station having a different type of exercise. By the end of the circuit, you will have gotten a total body workout!

STRENGTH & BALANCE

Tuesday, July 16 and Tuesday, July 23 from 10:30-11:30am
Learn new exercises to improve your balance

EVENING BINGO

Monday, July 22 at 6:00 pm
Please bring an item from the Dollar Store for the prize table

FRUIT ART

Monday, July 8 at 10:30 am Hedgehog out of a pear.
Fee is \$2.00
Monday, July 29 at 10:30 am Basket out of a watermelon.
Fee is \$5.00.
Please bring your favorite kitchen knife

DIY DOOR HANGER-Monday, July 22 at 10:30 am

Decorate your front door with a hanging letter

PLANET EARTH – Nature Documentary

Monday, July 29 at 5:30 pm
Episodes 9 and 10 (Shallow Seas & Seasonal Forests)
Narrated by David Attenborough

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

UNIVERSITY EXPRESS CLASSES

University Express offers free educational classes for older adults in Erie County. The program runs during spring and fall semesters. You will find classes in a variety of categories, including current affairs, history, humanities, finance and medicine.

Classes are designed to stimulate the mind and provide opportunities to build social networks, thereby reducing social isolation. No homework or tests, just exciting discussions alongside peers with similar interests! Details for our fall semester are available around mid-September. We are currently in the spring semester.

CLASSES OFFERED AT THE SENIOR CENTER

July 2	Tuesday	2:00 PM	Qigong for Stress Relief
July 9	Tuesday	2:00 PM	Crafting Family Legacy: A Guide to Creating Your Family Memories Book
July 9	Tuesday	6:00 PM	What Your Survivors Need To Know
July 10	Wednesday	2:00 PM	Diamonds & Emeralds & Rubies! Oh My!
July 11	Thursday	2:00 PM	Brews & Bites: The Art of Perfect Pairing
July 11	Thursday	6:00 PM	Horns, Hooch & Hoods: Buffalo in the 1920's: Author Rosanne Higgins' Newest Book
July 18	Thursday	2:00 PM	You're NOT for ART!
July 24	Wednesday	2:00 PM	Meet the Two Charlies: Burchfield & Penney

CLASSES OFFERED AT THE NORTHWEST AMHERST COMMUNITY CENTER

Friday	July 26	10:30	<i>The Book Club</i>
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EXERCISE FOR PEOPLE WITH PARKINSONS:

Education & Exercise

(Northwest Amherst Community Center)

August 14, August 21, August 28, September 4 and September 11 from 3:30-5:00pm

Sessions will consist of education related to exercise recommendations, safety instruction and practice of sample exercises. Participants must commit to all five sessions in order to register. SPACE IS LIMITED.

Provided by Daemen University Physical Therapy



CLASSES

FALL CLASS CATALOG:

The Fall Class Catalog will be available in late July in hard copy at the Center, Amherst Libraries and online at AmherstCenterforSeniorServices.com.

Fall
Registration
begins on
August 7

SUMMER SECOND SESSION

The second session of summer classes are starting now. Stop at the reception desk to check for openings.

DEFENSIVE DRIVING CLASS

AARP Smart Driver

(\$25 for AARP Member/\$30 for Non AARP member)

Friday, July 19 or Wednesday, August 21 from 9:00-4:00pm

Reservations required by calling 636-3051. Payment due to instructor on the day of the class.

SPECIAL REQUEST:

If you have registered for a class and do not plan on attending, please let us know. While we can not refund your money, it would be nice if someone could take your spot



Instructors Needed!

If you have a special skill or talent that you would like to share, consider joining our team. We welcome new ideas and the Center is always looking for language, local history, and fitness instructors.

Please contact our Class Coordinator, Cindy Weiss with your course proposal and if you are interested in teaching day or evening classes.

cweiss@amherst.ny.us



REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

RESOURCES

SUPPORT GROUPS: SENIOR CENTER

The common experience among members of a support group often means they have similar feelings, worries, and everyday problems. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another.

Loss & Grief Group

Thursdays at 10:30 am

This group will meet every Thursday for six weeks, starting **August 1**. We discuss coping strategies, healing techniques, and stages of loss and grief.

Widow/Widowers Group

Tuesday, July 9 at 10:30 am

If you are facing a stressful life change due to losing your spouse, you don't have to go through it alone.

Caregivers Group

Wednesday, July 17 at 1:00 pm

Caregiving can be overwhelming and we are here to offer support.

Men's Group

Tuesday, July 16 at 10:30 am

"Getting to know us: A man's perspective"

Talk about issues that are specific to men.

Parkinson's Group:

Thursday, July 25 at 2:00 pm

If you or a loved one have received a diagnosis of Parkinson's disease, you may wonder what to expect. Join us and feel more in control.

Grandparent Kinship Group: See page 7

SENIOR OUTREACH SERVICES 636-3070

Through a partnership with Erie County Department of Senior Services, the Center has an in-house senior outreach program. Trained staff are available to provide assessments for home and community-based services, such as Meals on Wheels, Home Care, Adult Day Care, and Personal Emergency Response Buttons. There may even be funds available to assist in the cost of services. Call Senior Outreach Services.

ACCESSIBLE PARKING TAG

If you need assistance with an application, we are available by appointment only and are available in evening from 4:00-7:00 pm on July 2nd and July 9th.

FRIENDS HELPING FRIENDS SHORT TERM FOOD ASSISTANCE

If you or someone you know is in need of non-perishable food items, we have on-site assistance. Please contact a Social Caseworker to make arrangements.

FROZEN MEAL PROGRAM

If you are an older adult or caregiver and are finding it harder to prepare meals, this Erie County Program may be just what you need. Registration paperwork must be completed prior to participation. Meal pick-ups are only on Fridays. Please call our Nutrition Site Coordinator, Christin Estrada at 716-636-3055 ext. 3131 for more information.

The Home Energy Assistance Program (HEAP)

HEAP is a federally funded program, which is administered by New York State to assist low-income families with their energy needs. Multiple components are available to apply for heating assistance or services while the funding is available. To see if you are eligible, please contact the Senior Outreach Services.



The Supplemental Nutrition Assistance Program (SNAP)

Monthly benefits can be used to purchase food at authorized retail food stores. If you are eligible, an Electronic Benefit Transfer (EBT) account is set up for you, and every month your benefits will be deposited right into your account. To see if you are eligible, please contact the Senior Outreach Services.

YOUTHWORKS

Youthworks is a service that works as a liaison between residents and Amherst youth ages 12-20. Jobs include: yardwork, gardening, weeding, mowing, raking, and snow removal. To hire a youth, please contact John Jones at 716-636-3055, ext. 3129 or Vijaya at ext. 3165.

SOCIAL WORKERS ARE AVAILABLE FOR WALK IN VISITS AT THE NORTHWEST AMHERST COMMUNITY CENTER

The first and third Tuesday of each month from 9:00-11:00 am.



220 Northpointe Parkway, Amherst 14228

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

VOLUNTEER & CLUB

SERVICE HOURS

Volunteers, please submit your service hours, both inside the Center and those performed out in the Community, on a monthly basis. See staff for assistance, if needed.

CLUB MEMBERS

You must register prior to attending your meeting. Swiping in at the kiosk is not registering.

VOLUNTEER RECOGNITION EVENT

SAVE THE DATE! September 25 at 9:00 am

We will host a lovely Volunteer Recognition Breakfast here at the Center. All volunteers who provided service and submitted those hours in 2023 are invited. Stay tuned for additional details as the event date gets closer.

KITCHEN VOLUNTEERS

- Tuesdays from approximately 1:00-2:30 pm
Assist with prepping meals for packaging for weekly pick-up.
- Tuesday evenings from 4:30-6:00 pm
Assist the Kitchen Staff with cupping and prepping food items for the next day's meals, helping to serve the meals on trays to diners in the Dining Room and assisting on the serving line.
- Substitutes are also needed for the Dining Room and for frozen meal assistance.

New volunteers are encouraged to apply. Please contact Nutrition Coordinator, Christin Estrada at #636-3055 ext. 3131 if interested.

HOT DOG SALE

Wednesday, July 17 at 11:00 am, while supplies last \$1.50 each

BAKERS RACK

This generous and creative group of volunteers take a well-deserved break during July and August. Look for these good old fashioned bake sales to resume in September.

READER'S THEATER CLUB

July 10 at 11:00 am

You will be delighted by their performance of their version of the classic E.B. White's *Charlotte's Web* (bring your tissues if you're tender-hearted), as well as a performance of "The College Reunion" that takes place 50 years later when not everyone is recognizable; watch out for who we criticized in the past—they may be standing in front of you! This group welcomes new members who want to pursue their reading talent in friendly club meetings with public performances.

THE PATHFINDERS CLUB

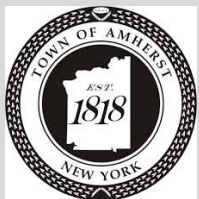
Hikes will take place at the following locations in July:

- July 2 Upper Gorge Park at Niagara Falls Aquarium
 - July 9 Stiglmeier Park, Cheektowaga
 - July 16 Canalside, Buffalo
 - July 30 Times Beach, Outer Harbor
- Walks begin at designated location at 9:30 am. If interested in carpooling from the Center, contact Marie at 716-867-4589.

BOOK CLUB

Monday, July 22 at 1:00pm

The July Book Club selection is *A Prisoner of Birth*, by Jeffrey Archer. There is a comprehensive monthly book selection list in the racks at the front of the building, across from the Fitness Room. (ZOOM participants must be registered ahead of time to receive the automated link.)



LAP SWIM ADULTS ONLY at NORTH FOREST POOL

- Monday-Friday 8:00-9:00am
- Sundays 11:00-12:00pm

You must have a Amherst Resident Photo ID Card. They are sold at the Northtown Center at 1615 Amherst Manor Drive



AMHERST SENIOR SOFTBALL OVER 60 LEAGUE

Show your support to the players of the new-to-Amherst Senior Men's League at their games throughout the season. **July games will take place on**

July 12, 19, & 26 with double headers beginning at **10:00 and again at 11:20** at the Northtown Diamond. Come cheer them on!

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.

CLUBS

If you are interested in more information or joining a Club, please register and go to the next meeting to speak with the leader.

Phone numbers are no longer listed for the security of our Club Leaders.

For a description of clubs, go to AmherstCenterforSeniorServices.com or pick up a brochure at the Center.

Am-Center Photography Club	2nd and 4th Tuesday of the month, 1:00 –3:00
Amherst Rocky Blues Band Club	Fridays, 12:30
Amherst Senior Singers Club	Wednesdays, 1:00-3:00
Art Club	Mondays, 1-3:30
Backgammon Club	Thursdays, 12:30
Biblical Hebrew Grammar Club	1st and 3rd Thursdays, 10:00-12:00
Bike Club	Wednesdays, 9:30-11:30
Board Game Club-Afternoons	Wednesdays and Thursdays, 12:30-4:00
Board Game Club-Evenings	Wednesday or Thursday nights at Northtown Center from 6:30-10:00. See MyActiveCenter.com
Book Club	4th Monday, 1:00
Bridge Club	Tuesdays, 2:00-4:00
Canasta Club	Thursdays, 1:00-4:00
Chess Club	Tuesdays, 12:15-4:15
Community Service Sewing Projects Club	Mondays, 8:30-11:00
Creative Writers Club	1st & 3rd Mondays, 10:00-12:00
Dinner Club	Information on rack across from the Fitness Room
Dominos Club	Mondays, 12:30-3:00
Duplicate Bridge Club (Mon)	Mondays, 12:30-4:00
Duplicate Bridge Club (Fri)	Fridays, 12:30
Euchre Club	Tuesdays, 1:00
French Club	2nd and 4th Mondays, 12:30-2:00
Indian Senior Citizens Club	2nd Thursday of the month, 4:30
Genealogy Club	1st and 2nd Tuesday of month, 10:30
Knitting Club	Tuesdays, 9:30-11:30
Mah Jongg <i>Beginner</i> Club	Fridays, 9:30-12:00
Mah Jongg Club	Tuesdays, 1:00-3:30
Men's Golf Club	Information on rack across from the Fitness Room
News & Views ZOOM Club	Fridays, 10:00-11:30, must be on Club roster to receive weekly link
Pathfinders Club-Hiking and Walking	Tuesdays, 9:00-11:00
Pinochle Club (Mon)	Mondays, 12:45
Pinochle Club (Wed)	Wednesdays, 12:45-3:30
Quilting Club	1st and 3rd Mondays, 9:30
Reader's Theater Club	Mondays, 1:30
Rummikub Club	Fridays, 1:00-4:00
Scrabble Club	Tuesdays, 10:00-12:30
Spanish ZOOM Club	Thursdays, 1:30
Stained Glass Club	Thursdays, 9:00-12:30
Tai Chi Club	Wednesdays & Fridays, 1:30-2:30
Tuesday Afternoon Music Club	Tuesday, 1:00
Upholstery Club	Wednesdays, 9:00-12:00
Wood Carving Club	Tuesdays, 9:00-11:30

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.


JULY NUTRITION



The Amherst Center for Senior Services is a location for the Erie County Stay Fit Dining Program. Lunch is served Monday-Friday, 12:00-1:00 pm and dinner is served at 5:00 pm on Tuesday evenings. Reservations must be made at least 24 hours in advance by going on MyActiveCenter.com or by calling 636-3051. There are NO walk-ins accepted. The Erie County Nutrition Program is open to anyone 60 years of age or older at a suggested contribution of \$3. Guests under 60 are welcome for \$5. The menu is subject to change.

We have had an increase in people not showing up for lunch. If you are not able to attend lunch or dinner, kindly cancel your reservation as soon as you know.

Lunch is served from 12:00-1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ ribette Potato wedge San Francisco vegetables Hoagie roll Mandarin orange	2 Spaghetti & meatballs Cauliflower Green beans Italian bread Fruit cocktail	3 4th of July Celebration Hamburger Baked beans Fiesta corn Chocolate chip cookie	4 CLOSED 	5 Salisbury steak w/gravy Mashed potatoes California vegetables Dinner roll Banana
8 Polish sausage Rice pilaf Prince William vegetables Hot dog roll Pears	9 Build your own salad Cranberry juice Dinner roll Oreo	10 Pulled pork Potato wedge Coleslaw Kaiser roll Diced peaches	11 Roast beef w/gravy Oven potatoes Green beans Dinner roll Mandarin orange	12 Breaded chicken Baked beans Brussel sprouts Corn muffin Lorna done
15 Italian sausage w/peppers & onions Rice pilaf Carrots Hot dog roll Rice Krispy treat	16 Cabbage casserole Mashed potatoes Corn Dinner roll Brownie	17 BBQ grilled chicken Potato wedge Carrots & peas Wheat dinner roll Apple	18 Macaroni & cheese Stewed tomatoes Green beans w/peppers Dinner roll Diced pears	19 Sweet & sour meatballs White rice Broccoli Italian bread Orange
22 Stuffed pepper Mashed potatoes Corn Rye bread Pineapple chunk	23 BBQ ribette Potato wedge Cauliflower Hoagie roll Mandarin orange	24 Chicken leg Sweet potato Brussel sprouts Muffin Apple crisp	25 Pastabake w/meatsauce Carrots Broccoli Italian bread Caramel cake pop	26 Fish Wild rice California vegetables Dinner roll Apricot
29 Open faced turkey sandwich Mashed potatoes Carrots Diced pears	30 Pork chop w/gravy Roasted potatoes, peas w/peppers & onions Multigrain bread Chocolate chip cookie	31 Chicken ala-king Mashed potatoes Broccoli Biscuit Peaches		Registration for meals begins the third Tuesday of each month

Dinner is served on Tuesdays at 5:00 pm

- July 2 Chicken stir-fry, rice, broccoli, mixed fruit
- July 9 Chicken parmesan, penne pasta, side salad, pudding
- July 16 BBQ chicken, baked beans, dinner roll, corn, fresh fruit
- July 23 Chicken nuggets, macaroni & cheese, broccoli, pineapple chunks
- July 30 Spaghetti & meatballs, side salad, garlic knot, fresh fruit

FROZEN MEAL PROGRAM

Please stop at our front reception desk and pick up an Erie County Registration Form. Completed forms must be returned to our Nutrition Site Coordinator, Christen Estrada. If you have any questions, she can be reached at 716-636-3055 ext. 3131.

REGISTRATION IS ALWAYS REQUIRED. SEE PAGE 4 FOR DETAILS.